



*Official head team physicians to Colorado's professional sports teams and NCAA Division I schools*

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### **Rotator Cuff Repair - Frequently Asked Questions:**

**Q: How long with the surgery take?**

A: The surgery will take about 1-2 hours, but expect to be away from your loved ones longer as it takes time to go to sleep, position you for surgery, and give you time to wake up and become alert in the recover area.

**Q: Will I need a ride to and from the hospital?**

A: Yes. Please coordinate this prior to your scheduled surgery date. Ride sharing (Uber and Lyft) are unfortunately not acceptable/safe to take you home after surgery.

**Q: What time will my surgery be?**

A: You will get a call from a nurse at the surgery center/hospital within the week prior to your scheduled surgery date to let you know what time your surgery is and exactly when to arrive at the facility.

**Q: What implant/prosthesis do you use and what is it made of?**

A: We use a biocomposite anchor that will get completely replaced by bone within 24 months. Sometimes we will use another type of high density plastic anchor that will not resorb. It is uncommon that these need to be removed in the future.

**Q: Will I need to stay in the hospital overnight?**

A: No. This is an outpatient procedure.

**Q: Do I need to stop my Advil/Aleve/Aspirin prior to my surgery?**

A: Yes. Please stop these medications 5-7 days prior to procedure. It is OK to take Tylenol for pain control up to the day of surgery.

**Q: What if I am on a blood thinner medication?**

A: Please coordinate with your prescribing provider a plan for your blood thinner medication for before/after surgery prior to your scheduled surgery date.

**Q: Will I need to take any antibiotics after the surgery?**

A: We will give you a dose of antibiotics through your IV about 1 hour prior to your procedure. You will not go home with a prescription for antibiotics. Please notify the surgical team if you have an antibiotic allergy.

**Q: What are the risks associated with surgery?**

A: As with all surgery, there are risks of anesthesia complications, infection, damage to nerves and/or vessels, fracture, failure of the repair and need for further surgery. These risks are thankfully exceedingly low.

**Q: Do I need to be in a sling?**

A: Yes. The sling will be required for 6 weeks after surgery. You will be allowed to take it off to shower, get dressed, and for physical therapy, but otherwise you will need to keep this on.

**Q: What medication will I go home with after surgery?**

A: You will be prescribed 3 medications. (1) Oxycodone 5mg is a short acting narcotic pain medication that will help with post-operative pain. (2) Zofran 4mg is an anti-nausea medication that will help with nausea associated with the pain medication. (3) Naprosyn 500mg is an anti-inflammatory that will help with pain and inflammation for 5 days post-op. We also recommend you take something for constipation as this is a very common side effect of Oxycodone.

**Q: What if I am on chronic pain medication?**

A: We do not manage chronic pain medication. Please set up a plan with your prescribing provider PRIOR to your scheduled surgery date to help manage post-operative pain. We are happy to help execute this plan for both your safety and adequate pain control.

**Q: Will I be offered anything else for pain management after surgery?**

A: Yes. The anesthesiologist will offer you a nerve block to help with post-operative pain. This can provide relief for about 12-24 hours after surgery. In addition, ice will help with pain and swelling after surgery.

**Q: When does physical therapy start?**

A: Physical therapy will start 3-5 days after surgery. Please set up your post-op PT prior to your scheduled surgery date. Occasionally, we will delay physical therapy 4-8 weeks depending on the size of your tear. We will confirm physical therapy start date before you go home.

**Q: What about sleeping after surgery?**

A: Sleeping is the most challenging part of the recovery. Most patients find comfort sleeping in a Lay-Z-Boy or BarcaLounger type chair. If you do not have access to these types of chairs, laying in bed with multiple pillows propping you up seems to help.

**Q: Will I have to come see you again after surgery?**

A: Yes. You will have 4 post-op appointment set up. (1st) 7-14 days out, (2nd) 6 weeks out, (3rd) 3 months out, and (4th) 6 months out.

**Q: When will I be allowed to shower?**

A: You can shower after 48 hours. At that point it will be OK to remove your dressings; however, please leave steri-strips (small band-aid like strips) on. You can let the soap and water run over the incisions but do not scrub it and do not soak it. You do not need to cover the incisions after this unless you would like to.

**Q: Can I drive while in a sling?**

A: We cannot tell you it is safe to drive while in a sling. Please arrange transportation during this time.

**Q: What clothing should I have for after surgery?**

A: Most people will prefer button down shirts or jackets with zippers. Women may want to get a bra that clasps in the front.

**Q: When can I go back to work?**

A: It depends on what your job is. If it involves you mainly sitting throughout the day, most patients will go back to work around 1 week post-op. If you are on your feet throughout the day, expect this to be longer. The surgical team can provide you with a letter explaining your absence and/or restrictions if needed.

**Q: What if I don't have anyone at home to care for me after surgery?**

A: We can help coordinate options for you after surgery. These can include an acute rehab facility, subacute rehab, or home health.

***For more information about your upcoming procedure, please visit our website: [www.sportsandshoulderdoc.com](http://www.sportsandshoulderdoc.com)***